

Here For It

How Doubt Can Lead to a Deeper Faith

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If we're honest, we all have doubts when it comes to faith. Doubts aren't the enemy of our faith, but an invitation to a deeper kind of faith.

MESSAGE NOTES AND HIGHLIGHTS

- If we're honest, we've all had our doubts when it comes to faith.
- God can handle those doubts, and we all deserve a community of faith that does more to help than to hurt as we work our way through those doubts.
- Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!" | Mark 9, v.24
- "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. | Matthew 14, vv.28-29
- But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" | Matthew 14, v.30
- Peter is like us—full of faith in one moment, full of doubt in the next.
- Acknowledging and working through your doubts is what leads to a deeper, more robust, more mature faith.
- When Jesus asks Peter, "Why did you doubt?" it's not an accusation; it's an invitation to deal with his doubt in a way that would lead to deeper faith.
- The three stages of development are construction, deconstruction, and reconstruction.
- Construction is when our worldview is being formed—usually happens early, tends to be more rigid.
- Deconstruction is when we begin to recognize problems with that worldview. The goal should be to let go of what is untrue so we can hold on to what is true.
- Reconstruction is the rebuilding of a worldview we can live out with both humility and conviction.
- The goal of deconstruction is to get to reconstruction because that's where you can own what you believe.
- This process done poorly is detrimental to you and everyone you influence.
- This process done well leads to a deepening of your faith and true discipleship.

DISCUSSION QUESTIONS

1. Why do you think it's difficult for people to be honest about their doubts? What helps you to open up and be honest about your doubts and questions?
2. Deconstruction is where we can let go of what is untrue so we can hold on to what is true. Do you have any beliefs that you've had to let go of, so you could embrace what actually is true?
3. We're not meant to stay in the deconstruction phase—why do you think that is? What do you think can be helpful if someone (including yourself) feels stuck in deconstruction?
4. What is a belief or aspect of your faith you've had to come by the hard way—through doubt, questioning, challenging—but you can now believe with both humility and conviction?